

**Carroll County  
Health Department**



**Public Health**  
Prevent. Promote. Protect.

**Quick Guide for COVID-19 Quarantine Recommendations**

You are being asked to quarantine because we believe you have been exposed to COVID-19. These instructions will help you take actions to protect your household members from getting this disease.

- If at all possible, do not leave your home. Have food, medicine, and supplies delivered.
- Stay away from other people and pets as much as possible
- Do not allow any non-essential visitors in your home
- Use a separate bedroom and bathroom than other household members, if available
- Get rest and stay hydrated (drink a lot of water)
- Cover your coughs and sneezes; discard tissues in the trash
- Clean your hands often with soap and water
- Avoid sharing personal items like dishes, towels, and bedding
- Clean all surfaces (kitchen, living space, and bathrooms) every day
- Wash laundry thoroughly
- Make sure that shared spaces in the home have good air flow, by using an air conditioner or opening windows and using a fan, weather permitting
- Monitor your health by completing a *Symptom Checklist* every day at the same time and call your health care provider to report any new symptoms
- If you must call 911 or visit your health care provider, call ahead and inform them you have been exposed to COVID-19 and are under quarantine

If you have questions or need to talk with Carroll County Health Department staff, you may call the COVID-19 Call Center at 410-876-4848, between 8am and 5pm, 7 days a week.

**You will need to stay home on quarantine for at least 14 days from the day you were exposed.**

**You will need to call your health care provider and the Health Department Call Center at 410-876-4848 if you develop any symptoms during this time.**

April 29, 2020

# 10 things you can do to manage your COVID-19 symptoms at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes.**



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

**Carroll County Health Department**  
**Additional Information for people who are on Quarantine for COVID-19**

This information is being given to you because you have had close contact and been exposed to someone who has tested positive for COVID-19 (coronavirus) infection. This fact sheet gives some basic information on COVID-19 and what you can do to keep yourself and your loved ones safe.

**About COVID-19**

COVID-19 is the name of the infection caused by this new or “novel” coronavirus. The specific strain of virus is SARS-CoV-2.

Health officials first reported the disease in Wuhan City, China, in late December 2019. It has since been reported across the world.

**How serious is it?**

We think there are many people with no, mild, or moderate symptoms; but some people can become seriously ill and require treatment in a hospital. Those most at risk of becoming seriously ill are those with weakened immune systems, older people ( $\geq 65$ ), and those with pre-existing health conditions such as diabetes, cancer and chronic lung disease. Most of the people who have died after contracting COVID-19 had pre-existing health conditions.

Healthcare professionals can treat most of the symptoms, but there is no vaccine or cure for COVID-19 at this time. Researchers and medical providers are working hard to develop treatments and eventually a vaccine.

**What does close contact mean?**

People are at highest risk of catching the virus if they are what is called a “close contact” of a person with COVID-19. Close contacts are people who:

- a) lived in the same household or household-like setting with a person who is positive for COVID-19
- b) were within 6 feet of a person who is positive for COVID-19 for 10 minutes or more
- c) had direct contact with a person who is positive for COVID-19, like being coughed on or touched
- d) were the intimate partner of a person who is positive for COVID-19
- e) cared for a person who is positive for COVID-19 and did not take appropriate infection control precautions

In a health care setting:

- f) cared for a patient with COVID-19 without adequate personal protective equipment according to [CDC health care provider guidance](#)
- g) had direct contact with a lab specimen from someone who is positive for COVID-19 in a way that is not consistent with [CDC specimen-handling guidelines](#)

People who are a close contact of someone with COVID-19 may have contracted the virus and need to take action to protect others.

**What is the difference between quarantine and isolation?**

Quarantine is staying in place, either at home or elsewhere, for fourteen days **because you have been exposed to someone who has tested positive for COVID-19.**

Isolation is staying in place, either at home or elsewhere, for 7 days or more **because you have tested positive or have symptoms of COVID-19.**

## **What should I do if I develop symptoms?**

Most people with COVID-19 have one or more of the following symptoms:

- fever (at least 100.4°F or 38°C)
- subjective fever (feel feverish)
- chills
- repeated shaking with chills
- cough
- shortness of breath
- muscle aches
- sore throat
- headache
- loss of sense of taste or smell
- abdominal pain
- nausea/vomiting
- diarrhea

If you develop any symptoms, contact your health care provider and let them know you were exposed to COVID-19 and are currently in quarantine. If anyone in your household develops COVID-19 symptoms, contact their health care provider and let them know they were exposed to COVID-19.

## **How can I protect my household members from COVID-19?**

See the CDC handout for information on preventing the spread of COVID-19 in your household.

## **When will my quarantine end?**

You need to be on quarantine for at least 14 days since the first day of your exposure. On day 14, if you have not gotten any symptoms you can be released from quarantine. If you develop symptoms, you must go on isolation (see guidelines on our website). \*Note: If you work in a health care facility (in any position), there may be additional requirements for you to return to work. Contact your employer as soon as possible and let them know about your infection.

For more information on COVID-19, visit:

Carroll County Health Department COVID-19 page: <https://cchd.maryland.gov/covid-19/>

Maryland Department of Health COVID-19 page: <https://coronavirus.maryland.gov/>

Centers for Disease Control (CDC) COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Or call the COVID-19 Call Center at 410-876-4848

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